

Ten Great Ways to Celebrate National School Breakfast Week (NSBW)

1. Decorate the cafeteria with math-based art featuring shapes, colors, symbols, timelines, etc. For example, use the enclosed table tent. You can use it to make more for cafeteria tables or trayline. Ask teachers to incorporate math into their art classes. Then proudly display the artwork throughout the serving line and cafeteria during NSBW. Tie shapes to foods such as:
 - Triangle-the Food Guide Pyramid, pizza slices, cake wedges, quesadilla servings.
 - Circle- apples, oranges, pancakes, rolls, ice cream or mashed potato scoops, hamburger patties.
 - Square/rectangle- slice of bread, French fry, ravioli, cheese slices.
 - 3 dimensional, multi-sided shapes-milk or juice cartons, syrup containers, yogurt cups.
2. Invite the math teachers from your school to take up a position on the serving line during NSBW.
3. Invite fieldtrips to the kitchen to show students how the cooks use math: taking a home recipe and converting it to serve 100 students. Show them how you measure out ingredients/weigh ingredients on a scale, figuring out how much food to order, etc. Give them a special snack for their visit, or a coupon for a free sack breakfast.
4. Have math activity sheets available for the kids to work on during the breakfast period. Collect completed sheets and draw for a prize each morning during NSBW. Put math activity sheets into sack breakfasts. Check out the math websites listed in the resources section for free ready to use activity sheets. Breakfast activity sheets are enclosed.
5. Send a math or breakfast activity sheet, with a "school breakfast promo" (Promo sheet included as an enclosure) and a copy of the school breakfast menu home with the kids. This will remind parents of the important link between eating breakfast and learning math. Send a press release announcing NSBW activities to your school or local newspaper. See enclosed sample.
6. Pick a day during NSBW and invite parents to come eat breakfast with their children so they can see first hand the fun, friendly atmosphere of the cafeteria and sample a nutritious breakfast. We all know how

busy parents are in the morning. If they are assured that their children have access to a quality breakfast at school, they will be more likely to encourage them to do so! Ask the parents to share with the kids how they use math everyday!

7. Pick another day and invite key community members to breakfast (mayor, school board members, county commissioners, athletes, math teachers, farmers, engineers, parents, business professionals, inventors, weathermen, etc.) Ask them to share how they use math to do their jobs. Give them plenty of notice by sending an invitation and a reminder call the day before the event. Many of these people have or have had children in the school systems. While they are teaching the students about math in the real world, you can educate them on the benefits of school breakfast: less absenteeism, better learning, healthier children, etc.
8. Serve the NSBW featured menu during the week. Don't be limited by these suggestions. Jazz up your current menu items by renaming them with a math term. (Ask your math teacher to help refresh your memory of various math terms!) Offer tray favors in the math theme- rulers, pencils, erasers, math symbol stickers, etc. One day's worth of "Make Your Morning Count" Pencils are being given, along with this kit, compliments of Office of Public Instruction School Nutrition Programs.
9. Ask for student input to help write the menu for NSBW. Send a blank menu to the classrooms. Ask for favorite breakfast items, along with creative math names for each. Do your best to adjust the menu according to suggestions. Give credit to each class that submits menu ideas.
10. Partner with your P.E. teacher to link physical activity to math. Paint new hopscotch squares on the playground, or put temporary ones on the cafeteria floor so kids can "count" their way through the serving line. Feature "3 on 3" or "5 on 5" tournaments this week. Incorporate Take 10 activity breaks into the classroom. (Information on Take 10 is listed on the Resources page.) Give students a chart to keep track of how many jumping jacks, sit ups, laps ran, etc. that they complete during NSBW. Include a column for eating breakfast and encourage them to eat breakfast everyday- at home, at school, or on the bus.